



SCHOOL CRISIS  
**RECOVERY**  
and  
**RENEWAL**

## SUMMER INSTITUTE FOR EDUCATORS

# Mending Our Wounds: Recovering from School Crisis through Art and Ritual

Thank you to the almost 300 educators who joined us in January for our Winter Institute, *Mending Our Wounds: Recovering from School Crisis through Art & Ritual*. **And...we're back again for our Summer Institute on June 3rd!**

We heard from you that you loved having space just for you to experience storytelling, just for you to be in your bodies, just for you to be practicing art therapeutics. So here we are! We're back on June 3 with you to end the school year and start the summer by celebrating our recovery.

This full-day virtual institute centers our joy and healing as we hold collective loss. Offering repeated workshops (morning and afternoon), our programming is rooted in knowing that grief is love made visible. We hope to share and learn rituals focused on art and movement that support recovery and renewal after and through school crises.

Join us as we explore storytelling and coherent narrative construction, movement and embodiment, visual & digital art, music making, and more.

### INSTITUTE GOALS

1. Provide an opportunity for educators and other school professionals to learn new ways in which they can utilize ritual to recover and renew to support their community after a big thing (crisis event).
2. Create a safe, generative, and regulating experience for educators, school-based mental health providers, and people who tend to the emotional wellbeing of youth.
3. Engage participants in evidence based, art centered, ritual activities that positively impact the process of recovery and renewal after a crisis.
4. Support participants in imagining new ways to incorporate ritual and art into their personal practice in crisis recovery.

### WHO IS THIS FOR?

School based professionals including instructors, administrators, community-based organizations/school partners, caregivers, and you!

#### Continuing Education Hours Available

An optional 2.5 Continuing Education Hours are available for this event. The CEU registration form will be provided during and after the event.



## Thursday, June 3, 2021

12:30-6:30 p.m. ET • 11:30 a.m.-5:30 p.m. CT  
9:30 a.m.-3:30 p.m. PT • 6:30 a.m.-12:30 p.m. HT

[See start time in your timezone >](#)

### THE DAY'S AGENDA

**Opening, Welcome, and Keynote** • 9:30 -10:00 a.m. PT  
**Workshop 1** • 10:15 -11:30 a.m. PT  
**Whole group share out, together** • 11:35 a.m. -12:00 p.m. PT  
**Listening In Session** • 12:30 -1:30 p.m. PT  
**Workshop 2** • 1:45 - 3:00 p.m. PT  
(repeated sessions so you can take two!)

**Closing, together** • 3:10 -3:30 p.m. PT

**REGISTER TODAY • [bit.ly/scrr-summerinst2021](https://bit.ly/scrr-summerinst2021) >>**

## Mending Our Wounds: Opening Keynote

### AFTER THE LABOR PAINS OF EDUCATING IN A PANDEMIC: FIERCELY PROTECTING OUR RECOVERY & RENEWAL

Join us and Dr. Cariaga as we open our day with her vision for how ritual can help us as educators mark this time of crisis and grief into a time of recovery and renewal, a birth for our new selves and new understandings of who we can be in our profession and in our humanity.



#### Stephanie Cariaga

Stephanie Cariaga, PhD has served the wider Los Angeles, CA community for over thirteen years as a high school and middle school literacy teacher, founding member of the People's Education Movement, and now an assistant professor in teacher education at California State University, Dominguez Hills. Rooted in radical feminist epistemology that centers wholeness, healing, and intimacy, her teaching and research examines the intersections between healing justice, critical literacy, and critical teacher sustainability. She is inspired by her best teachers, daughter Laila and son Catalino.

Learn more about Dr. Cariaga's work:

- [Towards Self-Recovery: Cultivating Love with Young Women of Color Through Pedagogies of Bodymindspirit](#) (2019)
- [The Pedagogy of Mind, Body, and Spirit with Dr. Stephanie Cariaga](#) (Leading Towards Equity Podcast Episode)
- [Collaborating to Capture Community Resilience](#) (2015)
- [Research as Healing](#) (2015)

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## Mending Our Wounds: Summer Institute Workshop Descriptions

Participants will have the opportunity to attend one or two workshops on the following recovery practices (sessions repeat in the morning and afternoon blocks):

### MY BODY IS A VESSEL: RECLAIMING SELF-CARE IN THE FACE OF CRISIS

#### Recovery and Renewal Practice: Movement & Embodiment

Our physical bodies carry us through all the events of our life. The physical body absorbs every moment, and remembers all that occurs, even when the thinking mind attempts to forget. This workshop will give experiential time to practice some restoration and grounding practices to support and thank our bodies, as well as support participants in creating self-care plans. This session explores how crisis impacts participants, how they can take care of their bodies in the middle and after a crisis, and how to create a lifestyle that supports them through crisis.



#### Facilitator: Shirley Johnson

Shirley is a licensed psychotherapist, energy healer, and yoga teacher based in Oakland, California. Passionate about self-care and connecting to intuition as a form of political resistance and spiritual practice, Shirley leads a number of workshops supporting people to trust their inner wisdom and align with their inner healer.

Shirley brings 10 years of yoga teaching experience and certifications in Vinyasa, Prenatal, and Kundalini Yoga. She holds a master's in psychology from California Institute of Integral Studies (CIIS) and works with individuals and couples in her private practice. She has been studying various energy healing technologies the last 15 years, and brings explorations of codependency recovery, depression, sexuality, and race into her work. She has taught in seven different yoga teacher trainings and enjoys interweaving psychology and yoga.

She has taught in various settings and to different communities, including toddlers, teens, families, adults, and mature age folks. She truly believes if you have a body and can breathe, then this practice is for you! Shirley loves to support practitioners with developing a strong nervous system and a resiliency to be their authentic selves in this world. For more info, you can visit her website at [www.soulisticwellness.com](http://www.soulisticwellness.com)

## WE ARE THE WHOLE STORY: COLLECTIVE HEALING AND STORYTELLING BEYOND TRAUMA

### Recovery & Renewal Practice: Storytelling & Coherent Narrative Construction

Narratives are created by a constellation of stories. As stewards of collective health, it's so important to identify strategic stories of healing: stories we know need to be told that share a common narrative about the urgency of rest, repair, and collective radiance during these improbable times, particularly for Black, Indigenous, and POC leaders and communities.

This narrative session introduces leaders to a framework for cultural strategy and engages in fun personal storytelling activities. In this space, we honor that each of us arrives at this moment with complex histories, cultures, and identities. And although we are not representatives for all who share those identities, there are lines of memory and experience that bind us. We explore those connections, and ask these powerful questions: What strength is there in connecting our stories? What do I need to move beyond trauma? How do we use culture and storytelling to name our suffering, while also inspiring narratives of hope and healing?



**Facilitator: Michelle Mush Lee**

Mush is a writer, cultural strategist, and CEO of Whole Story Group, LLC, a narrative-based professional learning team founded on the principles of cultural equity, transformative leadership, and wholeness. Mush's writings and talks have been featured on HBO, PBS, AfroPop, Summit Series, Social Venture Network, National Conference on Race and Ethnicity in Higher Education (NCORE), and the Berkeley Communications Conference. A Harvard University, Project Zero Fellow, Mush is frequently a featured speaker on contemporary culture, racial justice, and women of color in leadership. Her writing is published in *All the Women in My Family Sing*, an anthology of essays by women of color at the dawn of the twenty-first century. Mush serves as a Cultural Affairs Commissioner for the City of Oakland, CA.

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## WHAT COLOR IS YOUR HEART TODAY? AN INTENTIONAL PRACTICE OF CHECKING IN

### Recovery & Renewal Practice: Art-based Therapeutics

This workshop invites participants to connect with current-moment feeling state through drawing, painting, and/or building. A simple question, "What Color is Your Heart Today?" guides the exploration and expression of the present state of mind. After processing the hands-on art experiential together, educators will be able to view hearts made by children across the developmental spectrum and ask questions about implementing this accessible art process in the classroom.

Francine will also explain the scientific, and personal, rationale for offering this meditation. She has implemented it for 11 years in her psychotherapy practice called PAINT (Psychotherapeutic Art Interventions for Navigating Trauma). PAINT, with Lincoln, is the recipient of an ACEs Aware Grant from the Office of the California Surgeon General and the Department of Health Care Services. PAINT is currently offered in more than 10 schools from pre-K through high school, including counseling-enriched classrooms.



**Facilitator: Francine Ostrem**

Clinician, teacher, trainer, and supervisor, Francine Ostrem devotes her mental health practice to children and families impacted by trauma and chronic stressors, including autoimmune conditions, Type 1 Diabetes in particular. Ostrem, Ph.D., LMFT, Expressive Arts Therapy Specialization, works at Lincoln, a mental health non-profit in West Oakland, and as part of a research and clinical team at the Madison Clinic for Pediatric Diabetes at UCSF.

She is also in private practice in Berkeley. Ostrem is the developer of Psychotherapeutic Art Interventions for Navigating Trauma, PAINT, a school-based mental health initiative that seeks to reduce the negative impact of Adverse Childhood Experiences through the science of relationship and expression. This trauma protocol has been fully translated to telehealth.

## ACTIVATING IMAGINATION: REENVISIONING VISUAL NARRATIVES OF HEALING

### Recovery & Renewal Practice: Digital Image-Making as Creative Expression

Art activates the imagination. It invites us to acknowledge our whole being, encourages us to move, to feel, to laugh, to cry, to question, to consider, to reach, to rise. Art can act as a force of healing as it fires a connection between mind and body. It moves, it generates meaning, it provides pleasure, it acts as a vehicle for self-expression, it creates opportunities to imagine your wholeness. Walidah Imarisha reminds us that, "Our ancestors dreamed us up and then bent reality to create us." How can you be a good ancestor to yourself? How can you engage in this ongoing battle that paints us as fragmented, broken, defective and see your wholeness, your strength, your humanity? What will you bend reality to create?

This workshop will invite participants to explore how visual arts, and more specifically graphic design, can become a transformative practice, a healing behavior. Participants will be invited to tap into their creative expression and identify a way to document their journey to and through healing. Through an introduction to visual prompts, constructing idea boards, and simple design tools participants will embrace possibility and let wholeness pour through.



#### Facilitator: Liz Solis

Bay Area native Liz Solis has been working with youth for over fifteen years as a mentor, advocate, and educator. As the daughter of immigrants and a woman of color, she is committed to empowering students who have been historically underserved and marginalized within our educational system. With experience in both public and independent schools, Liz draws from many communities and experiences in her work. She currently serves as the Interim Dean of Academics at Head-Royce School in Oakland, CA, but, most importantly, she solo parents three beautiful beings.

Liz has also been a life-long artist, doodling her way through school and many, many meetings. Four years ago, she released a toxic relationship with her partner and her workplace. It was in that moment of transition, of vulnerability, of pain, that her personal healing journey began and she's been documenting it through art. After many years of neglect she's embraced her creativity and continues to grow and learn each day. She looks forward to sharing some of her learnings in community.

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## THE SONG REMEDY

### Recovery & Renewal Practice: Music Making as Meaning Making

We will facilitate a virtual healing circle and space for community to learn, reflect, share tools and engage in grassroots collective healing to support ourselves, our families and those closest to us. In the spirit of cycle breaking we are co-creating a space for us to resist systems of oppression that consistently attack our mind, body and spirit by cultivating a practice of care that is accessible to those in our community who wouldn't usually participate. We practice ritual, hold space, we empower ourselves and each other through dialogue, affirmation and lyrical remedies.

Brittany Tanner and Ayesha Walker will open our space with the honoring of our ancestors, they will hold space for community dialogue, then they will walk us through the creation of powerful healing affirmations -- while creating a collective song that Brittany will sing to us as it remedies our hearts, minds and souls.



#### Facilitators: Brittany Tanner and Ayesha Walker

**Brittany Tanner** is a Bay Area resident and artist who is passionate about enriching the community through therapeutic ritual arts. Founder of The Song Remedy, which is both a healing circle and a place in which we use our HE(ART) to transform ourselves and our community.

As a member of [SOL Development](#) and a co-founder of the collective [Be Imaginative](#) (a collective of artists, healers, and community leaders who are dedicated to healing black and brown communities through multidimensional storytelling), Brittany uses her voice as a healing agent for the community.

**Ayesha Walker** is the co-founder and CEO of [Be Imaginative](#), a collection of artists, healers, and community leaders who are dedicated to healing black and brown communities through creative storytelling. Ayesha is an agent of change, with a background in youth development, nonprofit organizations, as well as over 15 years of experience in media production, brand development,

and performing arts. She has a history of working in secondary and post-secondary education. Ayesha has founded several multimedia programs including Youth Radio's multimedia youth training program, UCLA's multimedia department within the Community Programs Office, and Richmond California Preparatory Academy's digital media course. She currently sits on the board of directors for The Remedy, a non-profit dedicated to healing communities through musical therapy. She is a board member of The Song Remedy, a non-profit dedicated to healing our communities through music. She is also on the advisory board of POWR, which has a mission to provide educational services and products for children, youth and adults, to help prepare them for success in a rapidly changing world. She obtained her B.A. in World Arts & Cultures from the University of California in Los Angeles.